

June is Men's Health Month

June is National Men's Health Month and [Level Up](#) wants to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy.

Take Charge of Your Health

See your doctor regularly and talk about healthy habits that can reduce your risk for cancer and heart disease. Knowing your family health history—and sharing it with your doctor—can also help you stay healthier, longer.



Watch Your Waist

Regardless of your weight, a waist that measures more than 40 inches increases your risk for heart disease, type 2 diabetes, and colorectal cancer. Help reverse your risk by reducing your waistline through healthy eating and exercise.

Check Your Head

Mental health matters. Stress impacts your health, so make time for healthy ways to unwind. And if you're dealing with something like depression or anxiety, don't hold it in. Reaching out for help is a sign of strength – not weakness.

Mental Health Awareness Month Webinars:

Thank You for Participating!

Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 3:

- **Apple AirPods:** Keisa Merchant ~ Office of Community Relations
- **\$50 Gift Card:** Denise Ross ~ Office of County Executive

Each week, Level Up raffled off **two items**:

- **Apple AirPods**
- **\$50 Gift Card**



Additional Resources

- [Centers for Disease Control & Prevention](#)
- [Omada](#) for Cigna & Kaiser Permanente members



The Summer of Wellness officially begins today! Have you signed up for [BurnAlong](#) yet?

Stay tuned for additional information on the exciting, fun-filled activities with lots of giveaways for the events that will be held in July and August.

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